

Heat Illness Prevention



STAY COOL.
STAY HYDRATED.
STAY INFORMED.



When it's hot outside: Tips for preventing Heat Illness

- **HYDRATE** before, during and after physical activity: Drink 10 gulps of water every 15-20 minutes.
- Wear loose fitting, light weight clothing, a hat and apply sunscreen before going outside.
- Monitor length of time outdoors, rest frequently and seek shade.
- **STAY in a cool environment:** Avoid exercise or strenuous physical activity outside during periods of extreme weather.
- **STAY informed** about weather-related health & safety updates.

Extremely hot weather can cause sickness or even death!

Watch for common signs

HEAT CRAMPS

Muscle pains or spasms in arms, legs or abdomen. Heavy sweating.



First Aid: Apply pressure on cramping muscles or gently massage to relieve spasm. Give sips of water. If nausea occurs, discontinue water intake.

HEAT EXHAUSTION

Heavy sweating, weakness, cool, clammy and pale skin. Nausea and vomiting. Normal temperatures possible. Headache, dizziness and possible muscle cramping.



First Aid: Lay student down out of sun. Loosen clothing and apply cool, wet cloths. Move to air conditioned room. Give sips of water unless nausea occurs. If vomiting persists, seek medical attention.

HEAT STROKE

Warning signs may include extremely high body temperature (above 103 degrees), red, hot and dry skin (no sweating), throbbing headache, unconsciousness, confusion, nausea, rapid, strong pulse. Altered mental state.



First Aid: Call for immediate medical assistance or get the student to hospital. Delay can be fatal. Move student to air conditioned environment. Mist student using water, fans or sponging. If body temperatures rise again, repeat process. Do not give fluids.



Information adapted from materials developed by the Arizona Department of Health Services
Extreme Weather and Public Health Program (<http://www.azdhs.gov/phs/oeh/heat/>).

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